

BREASTFEEDING CHECKLIST

If you can answer “Yes” to each of these questions when your baby is one week old, then you know breastfeeding is going well. If you answer “no” to any of these questions, call your baby’s doctor, local lactation consultant, local Community Health WIC Office professional or a breastfeeding support group. Getting help early can prevent problems and lead to a good breastfeeding experience.

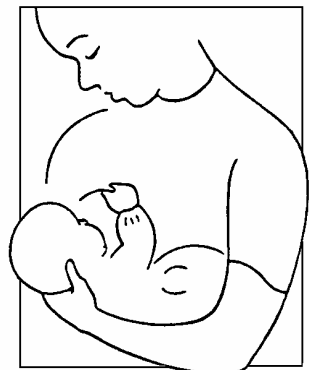
QUESTION	YES	NO
Is breastfeeding going well?		
Does your baby breastfeed at least eight (8) times each 24 hours?		
Has your baby met the goal for wet diapers each day?		
Has your baby met the goal for soiled diapers each day?		
Is your baby getting only breastmilk? (no formula or water or juice)		
Is your baby happy or sleepy after breastfeeding? (not in need of a pacifier)		
Are your breasts and nipples comfortable?		

To help answer these questions, keep the record inside.....

If you have questions or concerns, call:

Breastfeeding Basics

IS YOUR BABY
GETTING ENOUGH?



BREASTFEEDING LOG FOR FIRST WEEK

- The goals in this log represent the minimum expectations for mom and baby in the first seven days of baby's life

Birth Date: _____ Birth Time: _____ AM PM

- Circle the time of day to the nearest hour each time your baby begins to nurse. (i.e. Whether your baby was born at 3 AM or 3 PM you would start with the first “3” if your baby nurses at birth).
- The goal number of wet or soiled diapers for each day is shown by the letters (W) or (S).
- Circle a (W) every time your baby has a wet diaper.
- Circle a (S) every time your baby has a soiled diaper.
- It is OK for your baby to have more wet diapers or more soiled diapers than shown. You show the extra diapers by circling the “+” symbol.
- Call your Health Professional if your baby has LESS than the goal number wet or soiled diapers per day.

																								GOAL											
DAY ONE (First 24 hours of life)																								GOAL											
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	At least 6-8											
Wet Diaper:				W	+	+	+	+																At least one (1)											
BLACK TARRY Soiled diaper:				S	+	+	+	+																At least one (1)											
																								GOAL											
DAY TWO (Second 24 hours of life)																								GOAL											
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	At least 6-8											
Wet Diaper:				W	W	+	+	+	+																At least two (2)										
BROWN TARRY Soiled diaper:				S	S	+	+	+																At least two (2)											
																								GOAL											
DAY THREE (Next 24 hours of life)																								GOAL											
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	At least 8-12											
Wet Diaper:				W	W	W	+	+	+	+																At least three (3)									
GREEN Soiled diaper:					S	S	+	+	+	+																At least two (2)									
																								GOAL											
DAY FOUR (Next 24 hours of life)																								GOAL											
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	At least 8-12											
Wet Diaper:				W	W	W	W	+	+	+	+																At least four (4)								
YELLOW Soiled diaper:					S	S	S	+	+	+	+																At least three (3)								
																								GOAL											
DAY FIVE (Next 24 hours of life)																								GOAL											
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	At least 8-12											
Wet Diaper:				W	W	W	W	W	+	+	+	+																At least five (5)							
YELLOW Soiled diaper:					S	S	S	+	+	+	+																At least three (3)								
																								GOAL											
DAY SIX (Next 24 hours of life)																								GOAL											
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	At least 8-12											
Wet Diaper:				W	W	W	W	W	W	+	+	+	+																At least six (6)						
YELLOW Soiled diaper:					S	S	S	S	+	+	+	+																At least four (4)							
																								GOAL											
DAY SEVEN (Next 24 hours of life)																								GOAL											
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	At least 8-12											
Wet Diaper:				W	W	W	W	W	W	W	W	+	+	+	+																8 TO 8 +				
YELLOW Soiled diaper:					S	S	S	S	+	+	+	+	+	+	+	+	+	+																4 TO 12	
(See "Breastfeeding Basics: Getting Started" pamphlet for more information.)																																			